**PORTFOLIO REQUIRED TASKS**

**BUNDLE ONE – FITNESS FOCUS**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Portfolio Index

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| Unit code | Unit of competence title | Portfolio Task |
| SRFFIT003B | Undertake client induction and screening |  |
| SRTFIT001B | Provide orientation to clients prior to undertaking a fitness program |  |
| SRTFIT004B | Design basic fitness programs |  |
| SRFTIT005B | Apply basic exercise science to exercise instruction |  |
| SRFFIT006B | Use and maintain core fitness industry equipment |  |

Group presentation task (poster with photos and annotations)

All workbooks (Client orientation, Basic Exercise Science x 4)

Authentication tests on competencies

New Client Fitness task (visual, research, questionnaires and interpretations)

Class notes